

the buzz

November 2019

BEE-FIT FALL HEALTH SCREENING

Employees **who did not** participate in the Bee-Fit screenings earlier in the year can participate in November!

Date: November 19, 2019

Time: 7-10 a.m.

Location: Carnahan Building, Room 921

Employees will be provided the following vital health measurements:

- Body mass index (height and weight ratio)
- Total cholesterol
- Blood pressure
- Blood glucose

The on-site screening will be performed by nurses from BJC HealthCare, who will provide confidential analysis and review of individual results.

Dr. Robert Hicks MD, a physician provided by Anthem, will be onsite for patient consultations. Anthem representatives will also be onsite with exciting information about new programs and to answer any questions.

Sign up by November 15 to receive a \$50 gift card!

1. Call the BJC Health Line at 314-747-7234, Monday-Friday, 8 a.m.-6p.m.
2. Please provide an email address to the BJC Health Line. By providing this, you will receive an appointment reminder.
3. Bring employee ID or driver's license to the event.
4. Pick up your \$50 Schnucks card once your screening is complete.

Didn't make an appointment? You can still complete the screening and earn a \$25 Schnucks gift card. Bring an employee ID or driver's license to the screening event.

Gift cards are considered taxable by the IRS and will be included in overall income for 2019.

You are eligible if you....

- Did **not** complete a City of St. Louis health screening in 2019, and
- Are an active employee who is covered under the City of St. Louis medical plan.



Don't miss out on your **\$50 gift card.** Schedule an appointment today!



In-House Personal Trainer

Days: Tuesdays and Thursdays

Time: 11 a.m.-1 p.m.

Location: Carnahan Courthouse Fitness Center

Carnahan Courthouse Fitness Center members will have access to Bee-Fit Wellness Coordinator Cathy Hargrove, who is a certified personal trainer, to help with questions about the fitness equipment and its proper usage.

Interested in becoming a member?

Contact Bee-Fit Wellness Coordinator Cathy Hargrove by email hargrovec@stlouis-mo.gov or call 314-622-4849.